



www.halo-orienteing.org.uk

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace

LINCONSHIRE POACHER SERIES 2013

The format for the 2013 series will follow similar format to 2012.

A series of 11 weekly Spring/Early Summer Local Orienteering Events (Level D) on Wednesday evenings open to all, any age, any experience.

Weeks 1 to 8

Traditional Cross Country Courses

Short – this course is designed for those new to orienteering (instruction is given) - 1.5 to 2km – easy.

Medium – for experienced younger participants and those with experience who prefer a shorter distance- 2.5 to 3.2km – technically difficult

Long – for experienced orienteers with a reasonable level of fitness - 4.5 to 6km – technically difficult & physical

Weeks 9 to 11

Park Sprint Courses

Five courses 1km/1.5kms/2kms/2.5kms/3kms

Choose to run any combination of the five courses – mix and match – to gain Series Points competitors must run at least

Short 2.5 kms

Medium 4 kms

Long W & M >60 yrs 5.5 kms

Long M <60 yrs 7.0 kms

Results based on mins/km for all the courses completed on the night.

Participation

All are welcome to join in – Instruction for newcomers will be given by experienced HALO members and qualified coaches. KO Cup competitors must have completed at least 4 previous events.

Fees

Juniors U21 £2

Seniors £3

Families of 4 or more £8

There will be a surcharge of £1 for hire of 'dibbers' which are essential for the electronic timing that is used.

HALO members have free access to these for the duration of the series.

Local family membership is £8 per year

Start Times

From approx 17.45 to 19.00 for Cross Country Events – note events in April have limited daylight so it is appreciated that competitors start earlier to avoid kite collecting in the dark. From approx 17.45 to 19.30 for Park Sprint Events (or at the discretion of the planner) - as most competitors will complete at least two courses they should plan their starts accordingly.

Scoring

Best 8 out of 11 events count towards the overall winners of the Poacher Trophies. Winners of each course receive 50 points. This decreases to 1 point for 50th place. Competitors who run on different length courses during the Cross Country Events will qualify for the length course which they have competed on the most for scoring purposes in the Park Sprint Events e.g. a runner who completes 5 medium courses and then progresses to run 3 long courses would score as a medium competitor in the Park Sprint Events.

This year Course Planners have the added benefit of being able to nominate any other event for them to score corresponding points at the event that they are planning. These 'jokers' must be chosen prior to running a course and can be before or after the event that they are planning. The chosen event should be given to the Series Coordinator accordingly.

Long Course Trophies

Champion (Lincolnshire Poacher Trophy)
Women's Champion
Masters (M/W 45)
Super Vet (M/W 60)

Medium Course Trophies

Champion
Ultra Vet (M/W 70)
Lady Champion (open age class)
Junior (M/W 16 -)

Short Course Prize

Champion

For further information contact:-

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or visit the HALO website www.halo-orienteeing.org.uk